



The throwing events Britannica - Shot Put Discus Javelin Hammer(Chinese Edition)

By MEI) XI ER WEI SI TE ZHU BIAN . SUN HUAN YI

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date: Unknown Pages: 182 in Publisher: People's Sports Publishing List Price: 25.00 yuan: sylvester. (U.S.). editor of Sun Huan translated Publisher: People's Sports Publishing ISBN: 9787500942993 Pages: 182 times: 1 Binding: Paperback: 16 Published: 2012-10-1 Printing time: the number of words: 173000 product identification: 22890292 Introduction throwing events Britannica (shot put and discus javelin hammer throw) (Jay sylvester) shows readers the the Elite Throwers throwing skills and physical training program. throwing the project covers the shot put. discus. javelin and hammer throw. Raising the level of force. the kinetic energy of the effective transfer and detailed training programs will help athletes achieve athletic pinnacle. the strength is perfect to use in every throwing. Shot: With practice. throwing the process into multiple independent action. and then the synthesis action to form a correct dynamic stereotype. and thus mastered Slippery and rotation. Discus: cultured smooth. efficient throwing motion. Find their own rhythm. learning the basic techniques. rhythm exercises. and ultimately achieve precise control of the body while throwing shots at maximum speed. Javelin: technical exercises and physical training...



READ ONLINE [2.06 MB]

Reviews

Comprehensive information! Its this sort of excellent go through. It is packed with knowledge and wisdom You may like just how the author publish this book.

-- Mustafa McGlynn

Complete guideline! Its this kind of great read through. It is probably the most incredible pdf i actually have read through. Its been developed in an extremely straightforward way and it is simply soon after i finished reading this book through which actually modified me, affect the way i really believe.

-- Beryl Labadie I